 activating Albany Parks & Recreation Classes & Activities Summer 2019

Northwest Art & Air Festival is celebrating 20 Years

Photo by Kristi Crawford Photography

thanks to you, Albany!
Summer has arrived...finally! While I love the sights and sounds of our Oregon spring, the summer is truly peak season for Albany Parks & Recreation. With a focus on activities for out-of-school children and their families, we have designed a variety of activities that will get the kids out of the house and all members of your family into the great outdoors.

Our Fun in the Park series is back (see Page 4), visiting parks weekly in different neighborhoods through the summer months. Although just two hours long, each event is packed with action, fun, and laughter. Parents and grandparents, please join the kids for playtime in the parks. Celebrate the birthday of the good ol’ USA, dig for bugs, and do a lot of other fun stuff!

If the kids need more reasons to be out of the house, sign them up for one or more of several Day Camps we’ve prepared. Day Camp sessions run 3-5 days each and present themed experiences for children, like “Sherlock to the Rescue” and “Let the Olympics Begin!” Sessions are targeted for 4-6 years and 7-11 years of age. Check out the camps on Page 4.

More than 200 classes and activities have been prepared for you to explore this summer. Check us out at www.albanyparksandrecreation.org.

For Albanians (and many others across the USA), summer is all about the music staged in our parks during the summer. Our Summer Sounds (Mondays) and River Rhythms (Thursdays) series are ready to launch. Join us at Monteith Park throughout the summer for a wide variety of music and some outstanding performances. Of course, we’ll wrap up another terrific Albany summer at the Northwest Art & Air Festival at the end of August.

Finally, this is my last Director’s Corner. I have retired from the City of Albany and handed the reins to my successor, Kim Lyddane. We first got to know Kim when she interned for Albany Parks & Recreation in 2007, and she comes to us after managing special events and recreation programs for the Willamalane Parks & Recreation District in Springfield, Oregon. We are so pleased to welcome Kim to Albany! You’ll hear more from Kim in future editions of ACTIVATE.

As for my future, it will center on my wife of more than 40 years, our children and our grandkids. Whatever time is left over will be spent on long-delayed home projects, my photography, and volunteer work for several community causes. I might even find time to recreate!

I am so thankful for the privilege of having served Albany for the past 16 years. I’ll see you in our parks this summer!

With gratitude,

- Ed
Refund Policy: Our mission is to provide quality recreational experiences that are financially sustainable. Activities, programs, and classes must meet minimum enrollments in order to be offered. If Parks & Recreation for any reason cancels an activity, program, or class a full refund will be issued. If a participant decides to cancel, a refund will only be given if another participant is found. If a replacement is found and the participant is entitled to a refund, they may choose a credit on their account or a refund in the original payment method. Refunds of less than $5 will automatically be issued as credit.

Pricing: Fees listed on the left reflect a reduced price for in-city Albany residents. Those who live outside the city limits pay full tuition. You may purchase an out-of-city user card ($40 individual/$80 family) which allows you to pay in-city rates for one year.

Policies: For all of our policies visit our website at www.albanyparksandrecreation.org or call 541-917-7777.

To register: albany parksandrecreation.org or call 541-917-7777. Registration is required one week prior to start date unless indicated.

You must pay for the class and applicable lab fees at the time of registration unless otherwise indicated.

You can register in person with cash, check, Visa or MasterCard, or online and over the phone with Visa or MasterCard.

<table>
<thead>
<tr>
<th>Registration locations and hours</th>
<th>Classes, Programs, &amp; Events</th>
<th>Trips &amp; Tours</th>
<th>Aquatics</th>
<th>Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online Registration <a href="http://www.albanyparksandrecreation.org">www.albanyparksandrecreation.org</a> 24/7, 365 days a year</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Albany Parks and Recreation 333 Broadalbin St SW 541-917-7777 Monday-Friday 8 a.m.-5 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Albany Senior Center 489 Water Ave NW 541-917-7760 Monday-Friday 8 a.m.-4 p.m.</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albany Community Pool 2150 36th Ave SE 541-967-4521 Monday-Friday 8 a.m.-8 p.m. Saturday 1-4 p.m.</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Make it AN evening!

Crafts and fun activities for kids of all ages will be rockin’ before the music starts at River Rhythms Concert Series this summer. Get to the concert early to enjoy art, fun, and summer sunshine with the whole family!

Thursdays, 5:30-7 p.m.
Monteith Riverpark (near the playground)
July 4 • July 11 • July 25
August 1 • August 8

Pre-Concert Art is free to all and donations are accepted.

Supporting Sponsor: LINN CO Federal Credit Union
Camp Albany Day Camp
Ages 7-11

Where: Takena Elementary

When: 8 a.m.-5 p.m.
Monday - Friday $159 (In-city) / $207 for each week (*One time T-Shirt fee $5)

July 8-12
Let’s Get Artsy

July 15-19
Experiments, Reactions, and Explosions

July 22-26
Summer on the High Seas

July 29-August 2
Sherlock to the Rescue

August 5-9
Lights, Camera, Camp Albany!

August 12-16
Let the Olympics Begin!

Ages 4-6 visit us online for details on Little Explorers Camp

Things to Know Before You Go!

• Full Camp scholarships are available. Thanks ATI for your generous support!
• Weekly schedules are tentative and subject to change.
• Morning and afternoon snacks will be provided, but each child needs to bring their own lunch.

Camp Albany
Proudly Presented By:

ATI

To register call 541-917-7777 or visit albanyparksandrecreation.org

FREE! All ages welcome
Wednesdays 10am-Noon

Celebrate Summer
6/26 Sunrise Park

Happy Birthday America
7/3 Takan Park

Go Green
7/10 Lexington Park

Fun with Science
7/17 Gibson Hill Park

Animal Kingdom
7/24 Doug Killin Friendship Park

Backyard Bugs
7/31 Grand Prairie Park

Building Extravaganza
8/7 Kinder Park

Surf’s Up
8/14 Swanson Park

For more information visit albanyparksandrecreation.org • 541-917-7777
At Maple Lawn Preschool, your child will be provided opportunities to build their self-esteem, have positive interactions with children of different abilities, ages, and backgrounds, and strengthen their problem-solving skills. Garden classes offer story-based curriculum for students ages 3-5. Ready, Set, Go is for those children who don’t make the age cut-off for kindergarten. Both will help children develop their social, language, communication, and motor skills. Caring, professional staff and an open, inviting classroom provide children with a comforting, exciting, and friendly educational environment.

By attending Maple Lawn Preschool, your child will:

- Be better prepared for life-long learning.
- Receive personalized attention through low teacher-student ratios.
- Learn and grow at his/her own pace.
- Appreciate and learn respect for differences.
- Develop a healthy love for fitness and movement.
- Gain social skills through play, stories, songs, and group activities.
- Develop a sense of community and belonging.
- Develop problem solving ability.
- Build self-confidence.
- Experience a safe and secure environment.
- Be introduced to the Handwriting Without Tears™ and Zoophonics’s™ curriculums.

Fall classes will begin the first week of September 2019. Please call 541-917-7766 for availability.

CREATIVE KIDZ

Artistic expression encourages creativity and healthy self-discovery while developing fine motor and listening skills, focus, and self-confidence. The world of art can enlarge visual vocabularies, enrich imagination, and enlighten young minds. These drawing classes teach children the technical skills of drawing, the basis of all visual arts in a fun and nurturing setting. Drawing instruction is easy for students to follow ensuring success regardless of artistic ability.

ZOO (AGES 3 ½ - 6)
Using basic shapes, students will create adorable zoo animals! The focus of this workshop will be learning how shapes, color, pattern, and composition are used together to create these wonderful images.

M, W, F 7/8, 7/10, 7/12 10-11:30 a.m.
Swanson Community Room $59 (In-city)/$74 Young Rembrandts

CURIOUS GEORGE (AGES 3 ½ - 6)
This is a five-day workshop inspired by the children’s classic book series Curious George and each lesson is based on a different book. Students will learn about personification, illustration, and balance.

M-F 8/5-8/9 10-11:30 a.m.
Swanson Community Room $74 (In-city)/$94 Young Rembrandts

PETS (AGES 7-11)
Celebrate our cuddly friends by using different mediums to make playful scenes. Focusing on balance, composition, positive and negative space and much more, students will personify common pets using facial expressions and detailed poses.

M-F 7/22-7/26 10 a.m.-Noon
Swanson Community Room $74 (In-city)/$94 Young Rembrandts

ANIME (AGES 7-11)
Draw a variety of characters, expressions, and scenes creating anime cartoons. Each drawing focuses on a different aspect of the anime genre. On the last day of class, kids will create an anime comic book page using all the tools they have learned!

M-F 8/12-8/16 10 a.m.-Noon
Swanson Community Room $74 (In-city)/$94 Young Rembrandts
KIDZ LOVE SOCCER

For 40 years, Kidz Love Soccer has helped over a million kids improve their physical abilities, build self-confidence, cultivate a foundation of good sportsmanship, and learn the value of effort, all while having fun. Kidz Love Soccer offers an exceptional, field-tested curriculum that incorporates imaginative games, skill demonstrations, and scrimmages in a high-energy, motivating, and non-competitive environment. Enthusiastic and experienced instructors love teaching kids and are great ambassadors for soccer and sports. Kidz Love Soccer strives to build self-confidence, self-esteem, and self-discovery. To achieve this, the program provides a positive framework where boys and girls of all ages and abilities are welcome – no one is turned away. The kids in this program are nurtured, built up, and developed as young athletes.

**MOMMY DADDY & ME (AGES 2-3 ½)**

Mommy Daddy & Me classes are a fun and positive introduction to soccer for our youngest players and their parents! Age-appropriate and field-tested curriculum engages youngsters with entertaining activities that promote motor skill development and cognitive ability. With a parent participating by their side, kids will have fun learning basic soccer skills like chasing, running, kicking, and listening. No class 7/4.

- **Th 6/20-8/8** 4-4:30 p.m.
- **Sunrise Park**
- **$84 (In-city)/$109 Kidz Love Soccer**

**TOT & PRE-SOCcer (AGES 3 ½-5)**

Kick and pass! Pre-Soccer helps youngsters develop a lifelong love of soccer while they begin to learn how to play on a team. Program curriculum includes energetic, all-inclusive games that teach young kids the basics about playing with a group. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of good sportsmanship through sharing, passing and being aware of other players. Participants need shin guards. No class 7/4.

- **Th 6/20-8/8** 4:40-5:15 p.m.
- **Sunrise Park**
- **$84 (In-city)/$109 Kidz Love Soccer**

**Soccer 1 (AGES 5-6)**

Time to scrimmage! Soccer 1 teaches all the basics of soccer – dribbling, passing, receiving, shooting, and everything in between. Soccer 1 is well-suited to the first-time player, while still being fun and engaging for kids who already have soccer experience. In Soccer 1, youth will begin playing small-sided scrimmages where they will learn more about teamwork and playing as part of a group. Instructors keep the atmosphere fun, friendly, and non-competitive, making sure that all the kids feel good about their abilities. Participants need shin guards. No class 7/4.

- **Th 6/20-8/8** 5:15-6 p.m.
- **Sunrise Park**
- **$84 (In-city)/$109 Kidz Love Soccer**

**Soccer 2 (AGES 7-10)**

A great introduction to competitive soccer, Soccer 2 teaches advanced skill building such as dribbling, passing, and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team. From defense and midfield to forward and goalie, kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels. Participants need shin guards. No class 7/4.

- **Th 6/20-8/8** 6-6:45 p.m.
- **Sunrise Park**
- **$84 (In-city)/$109 Kidz Love Soccer**

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**FESTIVAL LATINO 2019**

**SAVE THE DATE**

Sunday, September 15

Noon to 4 p.m.

- Food $  
- Entertainment  
- Children’s Activities  
- Cultural Performances  
- Health & Resource Fair

**RESERVA LA FECHA**

Domingo, 15 de Septiembre

Mediodía a 4 p.m.

- Comida $  
- Diversion  
- Actividades para los Niños  
- Espectáculos Culturales  
- Feria de Salud y Recursos

Sunrise Park, Albany, Oregon

Free to the Public / Evento Gratuito para el Público
Staying active is an essential step in the social, mental, and physical development of your child. In these dance and tumbling classes, children learn valuable techniques while enhancing their rhythm, poise, coordination, confidence, and general fitness level in a fun and social setting. Registration is required one week prior to the start date.

### Class Title Ages Day Time Dates Location Instructor Cost

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Splash into Music</td>
<td>2-3</td>
<td>M</td>
<td>10:45-11:25 a.m.</td>
<td>7/1-7/22</td>
<td>Swanson</td>
<td>Madsen</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Splash into Music</td>
<td>2-3</td>
<td>M</td>
<td>10:45-11:25 a.m.</td>
<td>8/5-8/26</td>
<td>Swanson</td>
<td>Madsen</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Hip Hoppers</td>
<td>3-5</td>
<td>M</td>
<td>11:35 a.m.-12:10 p.m.</td>
<td>7/1-7/22</td>
<td>Swanson</td>
<td>Madsen</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Hip Hoppers</td>
<td>3-5</td>
<td>M</td>
<td>11:35 a.m.-12:10 p.m.</td>
<td>8/5-8/26</td>
<td>Swanson</td>
<td>Madsen</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Princess Dance</td>
<td>3-5</td>
<td>W</td>
<td>11-11:50 a.m.</td>
<td>6/26-8/14</td>
<td>Swanson</td>
<td>Russell-Agosto</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Princess Dance</td>
<td>3-5</td>
<td>Sa</td>
<td>11-11:50 a.m.</td>
<td>6/29-8/17</td>
<td>Swanson</td>
<td>Russell-Agosto</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Tumbling 1 &amp; 2</td>
<td>4-6</td>
<td>W</td>
<td>Noon-12:50 p.m.</td>
<td>6/26-8/14</td>
<td>Swanson</td>
<td>Russell-Agosto</td>
<td>$42 (In-city)/ $55</td>
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<td>4-6</td>
<td>Sa</td>
<td>Noon-12:50 p.m.</td>
<td>6/29-8/17</td>
<td>Swanson</td>
<td>Russell-Agosto</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Just Dance!</td>
<td>5-7</td>
<td>W</td>
<td>1-1:50 p.m.</td>
<td>6/26-8/14</td>
<td>Swanson</td>
<td>Russell-Agosto</td>
<td>$42 (In-city)/ $55</td>
</tr>
<tr>
<td>Just Dance!</td>
<td>5-7</td>
<td>Sa</td>
<td>1-1:50 p.m.</td>
<td>6/29-8/17</td>
<td>Swanson</td>
<td>Russell-Agosto</td>
<td>$42 (In-city)/ $55</td>
</tr>
</tbody>
</table>

**HIP HOPPERS (AGES 3-5)**

Itty bitty hip hoppers will learn basic hip hop moves and fun dance routines set to hit music. This class will teach basic leaps, turns, and tumbling while helping develop an overall sense of rhythm. The steps are sure to make kids groove to the beat in their own jazzy style! Dancers should wear athletic clothing and socks.

**TUMBLING FUN (AGES 4-6)**

Somersault, roll, and jump for fun! This class teaches the basics of tumbling and gymnastics as well as other floor movements. Tumbling skills, walking across the balance beam, and jumping on a mini-tramp will develop healthy muscles, enhance flexibility, and get your child moving.

**JUST DANCE! (AGES 5-7)**

A combo jazz and lyrical dance class that is fun and energetic. This dance style is often associated with Broadway musicals. Dancers will learn turns, leaps, and jumps as well as building flexibility, strength, techniques and coordination as they move to inspiring music.

Participants need ballet slippers or socks.

To register: albanyparksandrecreation.org or call 541-917-7777. Registration is required one week prior to start date unless indicated.
ALBANY GEMS DANCE TEAM SUMMER SESSIONS (GRADES 3-8)

Do you love to dance? If you are going to be a 3rd-8th grade student this fall, then Albany’s competitive youth dance team might be the place for you! Coach Ashley Custis and team will offer multiple workshops this summer as an introduction to dance technique, different styles of dance, and lessons in teamwork and team building. These sessions will be geared toward dancers of all skill levels and is highly suggested for those interested in being a part of the competitive program in the fall. Parents and students will have the opportunity to meet the staff, ask questions about the program, and get further information about the team.

ALBANY GEMS DANCE CAMP (GRADES 1-8)

Let’s dance! Do you need a creative outlet for your young ones this summer? Let us take over a weekend for you! Join the Albany Gems Dance Team staff for a 2-day summer dance experience for boys and girls, 1st - 8th grade. Camp attendees will experience a combination of age appropriate dance routines taught by some of the best instructors in the state as well as lessons in dance technique and some other fun activities. Routines and technique will be broken down according to skill level and no dance experience is necessary! All ages will learn valuable skills that can be applied to future dance classes or team sports. Friends and family will be invited to watch a short exhibition of routines at the end of day two. Dancers should bring a sack lunch and a water bottle each day.

ALBANY GEMS COMPETITION TEAM INTENSIVE (GRADES 3-8)

The Albany Gems coaches are hosting a workshop geared towards dancers that intend to be a part of the fall competition team. The Gems are a highly competitive youth program and are the current 2018 Oregon Junior Dance Team Champions. This workshop will focus on choreography and technique that will be used starting immediately during the fall season. Dancers should have previous experience on the Gems team or attend one or more summer workshops prior to registering for this course.

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gems Team Session 1</td>
<td>M/W</td>
<td>6-8 p.m.</td>
<td>6/24-7/3</td>
<td>Timber Ridge School</td>
<td>Custis</td>
<td>$20 (In-city)/$26</td>
</tr>
<tr>
<td>Gems Team Session 2</td>
<td>M/W</td>
<td>6-8 p.m.</td>
<td>7/8-7/17</td>
<td>Timber Ridge School</td>
<td>Custis</td>
<td>$20 (In-city)/$26</td>
</tr>
<tr>
<td>Gems Team Session 3</td>
<td>M/W</td>
<td>6-8 p.m.</td>
<td>7/22-7/31</td>
<td>Timber Ridge School</td>
<td>Custis</td>
<td>$20 (In-city)/$26</td>
</tr>
<tr>
<td>Gems Team Session 4</td>
<td>M/W</td>
<td>6-8 p.m.</td>
<td>8/5-8/14</td>
<td>Timber Ridge School</td>
<td>Custis</td>
<td>$20 (In-city)/$26</td>
</tr>
<tr>
<td>Gems Camp</td>
<td>Su/Su</td>
<td>8 a.m.-3 p.m.</td>
<td>8/3, 8/4</td>
<td>Albany Boys and Girls Club</td>
<td>Custis</td>
<td>$40 (In-city)/$52</td>
</tr>
<tr>
<td>Gems Competition Team Intensive</td>
<td>M-Th</td>
<td>6-8 p.m.</td>
<td>8/26-8/29</td>
<td>Timber Ridge School</td>
<td>Custis</td>
<td>$20 (In-city)/$26</td>
</tr>
</tbody>
</table>
2nd Annual
MILLERSBURG CELEBRATION

Saturday Sept 14th  Noon to 9:00PM
Millersburg City Park

MUSIC • FOOD • FUN • CAR SHOW
HALF MARATHON & 5K RUN

PRESENTED BY
Amy Price

www.millersburgcelebration.com

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TEACH YOUR CHILD
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Albany, OR  Albany, OR  Albany, OR

CONTACT US
centralwcu.org  541.928.4536
### POOL RENTAL INFORMATION

**COOL! Pool Rental**

Looking for the perfect place for a company party or birthday celebration? COOL! Pool rates start at $160 for one hour for up to 50 people. There is a fee of $35 for each additional 50 people. The maximum pool capacity is 400 and the minimum rental is 1 hour. There is a $100 refundable cleaning/damage deposit for all COOL! Pool rentals. The Community Room is available for a fee of $35. (Note: Community Room has a maximum capacity of 20 and requires a $35 refundable deposit). Call 541-917-7751 for reservations or visit our website at www.cityofalbany.net/aquatics. There is a 5-day advanced notice required for all rentals.

### Albany Community Pool

Looking for the perfect place for a party? Check out the Albany Community Pool. You may rent the entire pool for $110 per hour. The price for half pool rental is $65 per hour. In addition, there is a $40 refundable cleaning/damage deposit for all ACP pool rentals. Call 541-967-4521 for all ACP reservations.

### Activities

<table>
<thead>
<tr>
<th>Activities</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
<th>Session Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rec/Open Swim</td>
<td>M, W, F</td>
<td>1-4 p.m., 5-7 p.m.</td>
<td>General Admission Prices</td>
<td>Children under 6 must be accompanied by an adult</td>
</tr>
<tr>
<td></td>
<td>Tu &amp; Th</td>
<td>1-4 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sa &amp; Su</td>
<td>1-5 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parent &amp; Tot (under 6) Rec Swim</td>
<td>M-Sa</td>
<td>Noon-1 p.m.</td>
<td>General Admission Prices</td>
<td>Children must be 5 or under</td>
</tr>
<tr>
<td>Family Night Rec Swim</td>
<td>Tu &amp; Th</td>
<td>5-8 p.m.</td>
<td>General Admission Prices</td>
<td>Children under 16 must be accompanied by an adult</td>
</tr>
<tr>
<td>Lap Swim</td>
<td>M-F</td>
<td>4-5 p.m.</td>
<td>General Admission Prices</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M-Sa</td>
<td>Noon-1 p.m.</td>
<td>General Admission Prices</td>
<td></td>
</tr>
<tr>
<td>Youth Swim Lessons</td>
<td>M-F</td>
<td>10:05-10:35 a.m., 10:40-11:10 a.m., 11:15-11:45 a.m.</td>
<td>$50 for 10 lessons, $45 for 9 classes* Registration 7/1-7/12*, 7/15-7/26 is open now, online registration until June 15. Registration for 7/29-8/9, and 8/12-8/23 will begin 7/12 at 10 a.m.</td>
<td></td>
</tr>
<tr>
<td>River Current Exercise Class</td>
<td>M-F</td>
<td>11 a.m.- Noon</td>
<td>$5 per class or $45 for 10 visit card</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M, W, F</td>
<td>10-11 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>M, W, TH</td>
<td>4-5 p.m.</td>
<td></td>
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</tr>
</tbody>
</table>
Albany Community Pool

Activities Days Time Cost Session Notes
Rec/Open Swim M 6:30-8 p.m. General Admission Prices Children under age 6 must be accompanied in the water by an adult.
M-SA 1-4 p.m. General Admission Prices
Family Swim W & F 6:30-8 p.m. General Admission Prices Children under 16 must be accompanied in the water by an adult.
Lap Swim M-F 5:30-8 a.m., Noon-1 p.m., 6-7 p.m. General Admission Prices Swimmers must be able to swim continuous lengths.
Sa 12:30-1:30 p.m. General Admission Prices
Youth Swim Lessons Tu & Th 6:30-7 p.m., 7:05-7:35 p.m., 7:35-8:05 p.m. $40 for 8 classes, $25 for 5 classes* Registration for 6/13-6/27* and 7/2-25 is open now. Registration for 7/30-8/22 will begin 7/11 at 5:30 p.m.
M-F 9:30-10 a.m., 10-10:30 a.m., 10:35-11:05 a.m., 11:05-11:35 a.m. $50 for 10 classes, $45 for 9 classes* Registration for 6/17-6/28, 7/1-12* and 7/15-26 is open May 24 at 8:30 a.m. Registration for 7/29-8/9 and 8/12-8/23 will begin 7/12 at 8:30 a.m.
Parent/Child Class Tu & Th 6-6:30 p.m. $5 per class or $45 for 10 visit card Held in shallow water (4-4.5 ft)
M-F 10-10:30 a.m. $5 per class or $45 for 10 visit card Held in shallow water (4-4.5 ft)
Adult Water Aerobics Tu & Th 7-8 p.m. $5 per class or $45 for 10 visit card Held in shallow water (4-4.5 ft)
Adult Aqua Jog M & W 6-7 p.m. $5 per class or $45 for 10 visit card Held in deep water using flotation
Tu & Th Noon-1 p.m.
Senior Fitness M, T, Tu, Th, F 7-8 a.m., 8-9 a.m. $4 per class or $76 for 20 visit card Held in shallow water (4-4.5 ft)

Albany Community Pool Prices

<table>
<thead>
<tr>
<th>Admission Type</th>
<th>Price</th>
<th>20 Visit Card</th>
<th>Annual Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (18 &amp; Under)</td>
<td>$4.25</td>
<td>$81</td>
<td>$275</td>
</tr>
<tr>
<td>Adult</td>
<td>$4.50</td>
<td>$85.50</td>
<td>$290</td>
</tr>
<tr>
<td>Senior (55+)</td>
<td>$4.25</td>
<td>$81</td>
<td>$275</td>
</tr>
<tr>
<td>Family</td>
<td>$14 (up to 6 people, $2 each additional person)</td>
<td>$475 (everyone in home)</td>
<td></td>
</tr>
</tbody>
</table>

*Registration for 6/13-6/27* and 7/2-25 is open now. Registration for 7/30-8/22 will begin 7/11 at 5:30 p.m.

Closure:
- 6/1 Closed all Day Swim Meet
- 6/22 Closed All Day Water Polo
- 7/4 Closed All Day Independence Day
- 8/26-9/8 Closed for Annual Maintenance

Things to Know Before You Go

Recreational Swims/Open Swims/Family Swims

Toys/Masks: Bring your own toys and masks, (snorkels and fins approved during family swim only). All lifejackets must be Coast Guard approved.

Adult Supervision: An adult must be in the water within reach of any child wearing a flotation device or any child 5 years of age or younger.

Hot Tub: 6 to 13 year olds must be supervised by an adult. Children under 6 years old are not allowed in the hot tub.

Rental: For pool rental prices and policies, visit our website at albanyparksandrecreation.org

Registration Policies and Refunds: Visit albanyparksandrecreation.org for complete registration information and full refund policies and procedures.

Albany Community Pool Prices

Admission Type | Price | 20 Visit Card | Annual Pass |
----------------|-------|---------------|-------------|
Youth (18 & Under) | $4.25 | $81 | $275 |
Adult | $4.50 | $85.50 | $290 |
Senior (55+) | $4.25 | $81 | $275 |
Family | $14 (up to 6 people, $2 each additional person) | $475 (everyone in home) |

Sports Pass (see staff for details) | $275 |

To register: albanyparksandrecreation.org or call 541-967-4521. Registration is required one week prior to start date unless indicated.
YOUTH SPORTS CAMPS

Albany Parks and Recreation Sports is excited to partner with Skyhawks Sports and Challenger Sports, leaders in youth sports and soccer camps to provide high quality youth skills camps in our community that also focus on teaching life skills through sports simultaneously.

We have the vision that every child should experience the joy and benefits of sports. The Skyhawks Sports Camps and Challenger International Soccer Camps teach sport specific skills sets and emphasize critical lessons in life, such as sportsmanship, teamwork, and winning and losing with grace. A brand new, innovative, fully integrated international soccer camp will accelerate the learning process of young players.

Full of interaction and excitement, these camps provide great fun for everyone, and our Skyhawk Sports Camps are known to have a festival-like atmosphere. The most incredible part of these sports camps is that the children forget that they are learning very valuable sport and life skills, because those lessons are so well integrated with friendly and fascinating play. The new Challenger International Soccer Camp will reflect the truly global nature of the sport today that will help them develop a well-rounded skill set.

To register: albanyparksandrecreation.org or call 541-917-7777. Registration is required one week prior to start date unless indicated.
### Class Title | Ages | Days | Time | Dates | Location | Cost
--- | --- | --- | --- | --- | --- | ---
Men’s League Softball | Adult | W & Th | 6:10 - 9:40 p.m. | 7/24-9/26 | Bryant Park/Timber Linn Park | $880 per team Late Fee: $925
Coed League Kickball | Adult | Th | 6:10 - 9:40 p.m. | 8/1-9/12 | Bryant Park/Timber Linn Park | $100 per Team
Coed League Softball | Adult | Su | 5 - 8:30 p.m. | 7/21-9/22 | Bryant Park/Timber Linn Park | $500 per team Late Fee: $545
Skyhawks Lacrosse Camp | Youth (Ages 6-12) | M-F | 9 a.m. - Noon | 7/8 - 7/12 | Timber Linn Park | $125
Skyhawks Sports Multi-Sport Camp Baseball, Basketball, and Soccer | Youth (Ages 6-12) | M-F | 9 a.m. - 3 p.m. | 7/15-7/19 or 8/12-8/16 | Timber Linn Park or Bryant Park | $165
Skyhawks Sports Mini-Hawk Camp Baseball, Basketball, and Soccer | Youth (Ages 4-7) | M-F | 9 a.m. - Noon | 7/15-7/19 or 8/12-8/16 | Timber Linn Park or Bryant Park | $125
Skyhawks Soccer/Swimming Camp | Youth (Ages 6-12) | M-F | 9 a.m. - 3 p.m. | 8/5-8/9 | Swanson Park | $165
Skyhawks Soccer Camp | Youth (Ages 4-7) | M-F | 9 a.m. - Noon | 8/5-8/9 | Swanson Park | $125
Tennis Lessons | Adult/Youth | M &W M - Th | Various Times, Classes, Sessions, and Dates. Please visit our webpage www.aprdsports.org for details | | Albany Tennis Club or South Albany High School as needed | $44 $66
Tennis Camp (Middle and High School) | Youth | M-W | 5 - 8 p.m. | 7/29-7/31 | Albany Tennis Club or South Albany High School as needed | $50
Tennis Tournament | Adult/Youth | F-Su | TBA | 8/2-8/4 | Albany Tennis Club | Singles $15-$17 Doubles $12
International Soccer Camp | Youth (Ages 3-14) | M-F | 8 a.m. - 9 a.m. 9 a.m. - Noon 9 a.m. - 4 p.m. | 6/17-6/21 | Timber Linn Soccer Fields | $89 $149 $201

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**THE HEART OF THE SEASON**

Don’t miss out on our summer/fall softball season that is offered during the best time of the year. This season runs late-July through late-September, when the weather is warm and the outdoors is the place to be.

Our softball leagues are suited for all skill levels and abilities. We have many leagues specifically designed for entry level skill sets and individuals that just want to be a little more active and have fun while playing. Families, friends, and businesses often create teams as a way to have fun combined with the opportunity to build relationships, teamwork, and spend quality time outdoors that is inexpensive and most of all fun!

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Albany Parks & Recreation Summer 2019 Activity Guide
www.Albany-Golf.com

OPEN TO THE PUBLIC
7 DAYS A WEEK

TEE TIMES (541) 926-6059 X 1

Albany Golf & Event Center
OUTDOOR & INDOOR
WEDDING VENUE
LARGE or SMALL EVENTS
SURPRISINGLY AFFORDABLE

541 926-6059
155 NW Country Club Lane - Albany
Finding a fitness routine that works for you isn’t always easy, but Albany Parks and Recreation has gone the extra mile to ensure you have plenty of possibilities. We have fitness classes to suit every ability level and personal preference, so come join us in a supportive and social environment as we seek to keep Albany fit!

### Adaptive Pilates

If you have physical limitations, this fitness class will help improve strength, balance, coordination, posture, and mobility. Chair, free weights, and resistance bands are used in the workout.

### Arthritis Foundation Exercise Program

This program offers gentle, joint-safe exercises developed specifically for people with arthritis to help relieve stiffness, decrease arthritis pain, and improve balance. The low-impact exercises can be done while sitting, standing, or on the floor.

### Zumba/Zumba Toning

Zumba/Zumba Toning provides a total body workout using easy to follow choreographed dance moves to combine all elements of fitness-cardio, muscle conditioning, balance, and flexibility. Zumba Fitness classes are often called exercise in disguise because they are super effective and amazingly fun.

### Things To Know Before You Go

Registration for classes begins immediately. It is recommended that you consult with your physician before you start any new exercise program.

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi Chuan (LBCC#13388)</td>
<td>M</td>
<td>10:30-11:50 a.m.</td>
<td>6/24-8/12</td>
<td>Senior Center</td>
<td>Leban</td>
<td>$59</td>
</tr>
<tr>
<td>Adaptive Pilates</td>
<td>M/W</td>
<td>9:15-10:05 a.m.</td>
<td>6/24-8/28</td>
<td>Senior Center</td>
<td>Yee</td>
<td>$53 (In-city)/ $69</td>
</tr>
<tr>
<td>Gentle Yoga (LBCC#13377)</td>
<td>M/W</td>
<td>1-1:50 p.m.</td>
<td>6/24-8/28</td>
<td>Senior Center</td>
<td>Rose</td>
<td>$69</td>
</tr>
<tr>
<td>Arthritis Exercise</td>
<td>M/W</td>
<td>1:30-2:20 p.m.</td>
<td>6/24-8/28</td>
<td>Senior Center</td>
<td>Yee</td>
<td>$53 (In-city)/ $69</td>
</tr>
<tr>
<td>Gentle Yoga (LBCC#13378)</td>
<td>M/W</td>
<td>2-2:50 p.m.</td>
<td>6/24-8/28</td>
<td>Senior Center</td>
<td>Rose</td>
<td>$69</td>
</tr>
<tr>
<td>Gentle Yoga (LBCC#14265)</td>
<td>M/W</td>
<td>3:30-5:30 p.m.</td>
<td>6/24-8/28</td>
<td>Senior Center</td>
<td>Rose</td>
<td>$69</td>
</tr>
<tr>
<td>Better Bones &amp; Balance (LBCC#14031)</td>
<td>M/W/F</td>
<td>7-7:50 a.m.</td>
<td>6/24-8/28</td>
<td>Swanson Kidwell</td>
<td>$99</td>
<td></td>
</tr>
<tr>
<td>Better Bones &amp; Balance (LBCC#13664)</td>
<td>M/W/F</td>
<td>8-8:50 a.m.</td>
<td>6/24-8/28</td>
<td>Swanson Kidwell</td>
<td>$99</td>
<td></td>
</tr>
<tr>
<td>Early Morning Fitness (LBCC#14880)</td>
<td>M/W/F</td>
<td>8-8:50 a.m.</td>
<td>6/24-8/28</td>
<td>Senior Center</td>
<td>Yee</td>
<td>$89</td>
</tr>
<tr>
<td>Zumba/Zumba Toning Session 1</td>
<td>M/W/F</td>
<td>9:10-10:10 a.m.</td>
<td>7/1-8/2+</td>
<td>Swanson Dedera</td>
<td>$54 (In-city)/$70</td>
<td></td>
</tr>
<tr>
<td>Zumba/Zumba Toning Session 2</td>
<td>M/W/F</td>
<td>9:10-10:10 a.m.</td>
<td>8/5-9/13~</td>
<td>Swanson Dedera</td>
<td>$54 (In-city)/$70</td>
<td></td>
</tr>
<tr>
<td>Tai Chi Chuan (LBCC#14882)</td>
<td>Tu</td>
<td>3:30-4:50 p.m.</td>
<td>6/25-8/13</td>
<td>Senior Center</td>
<td>Leban</td>
<td>$59</td>
</tr>
<tr>
<td>Better Bones &amp; Balance (LBCC#14267)*</td>
<td>Tu/Th</td>
<td>12:15-1:05 p.m.</td>
<td>6/25-8/29*</td>
<td>Swanson</td>
<td>Yee</td>
<td>$79</td>
</tr>
<tr>
<td>Strength &amp; Balance for Seniors (LBCC#16093)*</td>
<td>Tu/Th</td>
<td>11-11:50 a.m.</td>
<td>6/25-8/29*</td>
<td>Swanson</td>
<td>Gourley</td>
<td>$79</td>
</tr>
<tr>
<td>Yoga Stretch (LBCC#16094)</td>
<td>Tu/Th</td>
<td>10-10:50 a.m.</td>
<td>6/25-8/29*</td>
<td>Swanson</td>
<td>Gourley</td>
<td>$79</td>
</tr>
</tbody>
</table>

*No class 7/4, *No class 7/12, **No class 8/12, 8/14, 8/16

The price listed at the left reflects a reduced fee for Albany residents.

Highlighted classes reflect LBCC and Albany Parks and Recreation cosponsored classes.
Free Activities for the whole family

Balloon Launch
Airport Activities

Balloon Glow
Arts & Craft Market
Car Show
Family Zone
Live Music & More

Main Stage Sponsor: BBSI
Amphitheatre Sponsor: TOYOTA
For optimal health and wellness, it’s important to focus on you as a whole! Join us as we cover a variety of topics to help boost your mind, body, and spirit.

**LUNCH & LEARN: END OF LIFE ARRANGEMENTS**

Speakers from Dignity Memorial will share the types of services offered and planning for the future. This presentation will help give you peace of mind and give some tips on how the entire family can overcome the fear of discussing this topic.

**VIRTUAL DEMENTIA TOUR**

During a Virtual Dementia Tour experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables people to experience for themselves the physical and mental challenges those with dementia face. This will also help you identify with, and better understand, the behaviors and needs of those with dementia. Please call or come in to the Senior Center to sign-up for your ten-minute session between the hours of 9 a.m. and 3 p.m.

**BREAKFAST SERIES: MANAGING EXPECTATIONS**

Join an expert as we delve into how our expectations affect our emotions and overall wellbeing, how to detect symptoms of needing a life change, and how to change the ways you think and perceive so that you can manage expectations in a more reasonable and healthy manner.

**LUNCH & LEARN: HEARING LOSS**

Why is communication between hearing and hard of hearing people so difficult? The president of the Linn and Benton Counties Hearing Loss Support Group will be sharing some tools for both parties to improve their communication and by doing so, improve their quality of life.

**ART AND MUSIC AT END OF LIFE**

Music is a uniquely powerful form of art that has a long and storied role in many forms of healing and overall wellness. Music, with its ability to transcend cultural, language, and societal barriers, has the power to promote wellness for the whole person. In the hospice setting, music is one of many therapeutic art forms that are used to promote total well-being within patients, families, caregivers, and the bereaved. Join Kathy Morris, an accomplished harpist, as she speaks about the work she does in hospice and shares some of her beautiful music with you. Sack lunches will be provided! Please register at least a week in advance.

**BREAKFAST SERIES: UNDERSTANDING DEPRESSION**

Depression can happen to anyone. It is one of the most common health problems and affects nearly everyone at some point in their lives, either through personal experience, or someone they know. Join a behavioral health expert to explore some of the causes, risk factors, and the signs and symptoms of depression. You’ll also get information on prevention and coping skills, as well as details on resources available in the community.
THE BASICS OF ALZHEIMER’S
Alzheimer’s affects people in varying ways and ripples out to impact the lives of those who interact with them. Understanding what is happening to a person with Alzheimer’s is key to interacting effectively and providing quality care. This class includes information from expert professionals in the field and first-hand accounts from people diagnosed with Alzheimer’s disease.

LUNCH & LEARN: UNDERSTANDING PAIN
Pain is a universal part of the human experience. However, it’s surprising how little most of us know about how it really works in our body. The good news is, there is also increasing evidence that significantly impact pain with the right educational tools. Come and learn some of the most up to date information about your pain system, and what you into balance.

DEMENTIA CONVERSATIONS
When someone is showing signs of dementia, it’s time to talk. This class is designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer’s and Dementia. Some of the most difficult conversations to have are about: going to get a diagnosis or medical care; deciding when it is necessary to stop driving; and making plans for managing finances and legal documents. Join us to learn some tips for breaking the ice and setting the stage for meaningful and productive conversations.

BREAKFAST SERIES: BRAIN HEALTH-KEEPING THE LIGHTS ON
When people think about staying fit, they often forget about their brain. And yet, your brain plays a critical role in everything you do, such as thinking, feeling, remembering and sleeping. Keeping your brain active and engaged increases its vitality and builds a reserve of brain cells and connections. Join our expert as she goes over the importance of challenging your brain on a daily basis!

SHIBA: MEDICARE 101
Enrolling in Medicare can be daunting and confusing. Questions range from what is Medicare and where do I start, to what are parts A, B, C, and D? SHIBA is the Senior Health Insurance Benefits Assistance program of Oregon that serves to provide free and impartial education and referrals. SHIBA counselors will be presenting a class that will educate you on the basics and help you understand your Medicare options. This includes some time for a Q&A session!

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art and Music at End of Life</td>
<td>W</td>
<td>12:30-1:30 p.m.</td>
<td>7/17</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>Breakfast Series: Brain Health-Keeping The Lights On</td>
<td>Tu</td>
<td>9-10:30 a.m.</td>
<td>9/17</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>Breakfast Series: Managing Expectations</td>
<td>Tu</td>
<td>9-10:30 a.m.</td>
<td>7/16</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>Breakfast Series: Understanding Depression</td>
<td>Tu</td>
<td>9-10:30 a.m.</td>
<td>8/20</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>Dementia Conversations</td>
<td>M</td>
<td>10-11:30 a.m.</td>
<td>9/16</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>Lunch and Learn: End of Life Arrangements</td>
<td>W</td>
<td>12:30-2 p.m.</td>
<td>7/10</td>
<td>Brookdale Heritage Plaza</td>
<td>No cost</td>
</tr>
<tr>
<td>Lunch and Learn: HLAA- Hearing Loss</td>
<td>W</td>
<td>12:30-2 p.m.</td>
<td>8/14</td>
<td>Brookdale Grand Prairie</td>
<td>No cost</td>
</tr>
<tr>
<td>Lunch &amp; Learn: Understanding Depression</td>
<td>W</td>
<td>12:30-2 p.m.</td>
<td>9/4</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>The Basics of Alzheimer’s</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>8/21</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>SHIBA: Medicare 101</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>9/25</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
<tr>
<td>Virtual Dementia Tour</td>
<td>Th</td>
<td>9 a.m.-3 p.m.</td>
<td>7/18</td>
<td>Senior Center</td>
<td>No cost</td>
</tr>
</tbody>
</table>
ENRICH, ENGAGE, ENERGIZE

Personal enrichment programs for you to explore new interests, develop new skills, and engage your imagination. Students of most any age enjoy unique learning experiences year-round through our classes. Enrich, engage, and energize your life!

COFFEE WITH A COUNCILOR

Please help us welcome Albany’s newest City Councilor, Alex Johnson. He recently started his first term as a Ward II representative. Come for a roundtable meet and greet where he will discuss his background, community involvement, goals in the new position, and more!

RETIREMENT PLANNING AND INVESTMENTS

Whether you are in retirement looking to maximize your dollars or looking at the road ahead, understanding what that looks like and the ways you can accomplish your goals is key. Join us to take a tour of retirement and investing.
### FINANCIAL RECORD KEEPING

Why wait for the flowers to bloom if you can get some spring cleaning out of the way now? If you’re reluctant to toss documents with any financial information for fear that it’s all important, this is the class for you. You will learn to decipher which financial documents you should keep, and which ones are no longer necessary. Join our experts as they share with us their tips and tricks to organizing your finances and records.

### TECHNICAL ASPECTS OF PHOTOGRAPHY

Now that you’ve got your camera, found a memorable scene, and focused on the subject, it’s time to shoot! Our expert will break down some of the technical aspects in this class including image brightness in relation to shutter speed, aperture and sensor speed. He will discuss perspective shifts versus lens length and how it relates to focus and depth of field. This class is especially recommended for anyone who owns or wants to own a camera with adjustable settings.

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Driver Safety (LBCC#13457)</td>
<td>Tu</td>
<td>9 a.m.-3:20 p.m.</td>
<td>9/10</td>
<td>Senior Center</td>
<td>Wolcott</td>
<td>$15(AARP)/$20</td>
</tr>
<tr>
<td>AARP Driver Safety (LBCC#13456)</td>
<td>Tu</td>
<td>9 a.m.-3:20 p.m.</td>
<td>7/9</td>
<td>Senior Center</td>
<td>Wolcott</td>
<td>$15(AARP)/$20</td>
</tr>
<tr>
<td>All About Credit</td>
<td>F</td>
<td>12:30-2 p.m.</td>
<td>8/2</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Cameras and Computers</td>
<td>Th</td>
<td>1-2 p.m.</td>
<td>9/26</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Capturing The Perfect Image</td>
<td>Th</td>
<td>1-2 p.m.</td>
<td>9/19</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Coffee With A Councilor</td>
<td>F</td>
<td>10-11:30 a.m.</td>
<td>7/5</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Financial Record Keeping</td>
<td>F</td>
<td>12:30-2 p.m.</td>
<td>9/6</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Grandparenting: A Cherished Family Role</td>
<td>Tu</td>
<td>9:10-10:30 a.m.</td>
<td>9/10</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Internet 101</td>
<td>M</td>
<td>12-11 a.m.</td>
<td>8/12</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Intimate Ties and Aging</td>
<td>W</td>
<td>9-10:30 a.m.</td>
<td>9/18</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Life Insurance</td>
<td>W</td>
<td>10-11 a.m.</td>
<td>7/24</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Lunch &amp; Learn: Addressing Real Estate Needs</td>
<td>W</td>
<td>12:30-2 p.m.</td>
<td>7/3</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Lunch &amp; Learn: Adult Protective Services</td>
<td>W</td>
<td>12:30-2 p.m.</td>
<td>8/7</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Lunch &amp; Learn: Decluttering Your Home</td>
<td>W</td>
<td>12:30-2 p.m.</td>
<td>9/11</td>
<td>Brookdale Geary St.</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Mobile Device Essentials</td>
<td>M</td>
<td>10-11 a.m.</td>
<td>9/23</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Retirement Planning and Investments</td>
<td>F</td>
<td>12:30-2 p.m.</td>
<td>7/19</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>SASSI: Home Safety and Security</td>
<td>Tu</td>
<td>10-11:30 a.m.</td>
<td>7/30</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>Spanish For Seniors (LBCC#16106)</td>
<td>Tu</td>
<td>2:30-3:50 p.m.</td>
<td>6/25-8/13</td>
<td>Senior Center</td>
<td>Parson</td>
<td>$69</td>
</tr>
<tr>
<td>Technical Aspects of Photography</td>
<td>Th</td>
<td>1-2 p.m.</td>
<td>10/3</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
<tr>
<td>The Work of CASA</td>
<td>Tu</td>
<td>11 a.m.-noon</td>
<td>8/27</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
</tr>
</tbody>
</table>

When two prices are listed, the price listed at the left reflects a reduced fee for Albany residents.

Highlighted classes reflect LBCC and Albany Parks and Recreation cosponsored classes.
Everyone is creative! Join us to try your hand at a variety of artistic endeavors, and you might just find a talent you never knew you had. Stretch your creative ability as you bring your ideas to life. Not many things bring as much satisfaction as making something with your own hands. Whether you’d like to decorate your house with a personal flair, or you want to create something for a loved one – we have a class for you!

**EXPRESS YOUR CREATIVITY**

When two prices are listed, the price listed at the left reflects a reduced fee for Albany residents. Highlighted classes reflect LBCC and Albany Parks and Recreation cosponsored classes.

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
<th>Supply Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Watercolor and Water Media Painting</td>
<td>W</td>
<td>9:30-11:20 a.m.</td>
<td>6/26-8/28</td>
<td>Senior Center</td>
<td>Hansen</td>
<td>$89</td>
<td>$0</td>
</tr>
<tr>
<td>Basic and Creative Calligraphy</td>
<td>Tu</td>
<td>9:11:30 a.m.</td>
<td>7/9-8/27</td>
<td>Senior Center</td>
<td>Tanaka</td>
<td>$75 (In-city)/$98</td>
<td>$0</td>
</tr>
<tr>
<td>Beginning Watercolor Painting (LBCC#16095)</td>
<td>M</td>
<td>2:3:50 p.m.</td>
<td>6/24-8/12</td>
<td>Senior Center</td>
<td>Hansen</td>
<td>$79</td>
<td>$0</td>
</tr>
<tr>
<td>Card-Making Workshop</td>
<td>Tu</td>
<td>1-3 p.m.</td>
<td>7/2</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
<td>$0</td>
</tr>
<tr>
<td>Card-Making Workshop</td>
<td>Tu</td>
<td>1-3 p.m.</td>
<td>8/6</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
<td>$0</td>
</tr>
<tr>
<td>Card-Making Workshop</td>
<td>Tu</td>
<td>1-3 p.m.</td>
<td>9/3</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
<td>$0</td>
</tr>
<tr>
<td>Fused Glass Dish</td>
<td>W</td>
<td>6:30-9:30 p.m.</td>
<td>8/13</td>
<td>Senior Center</td>
<td>Scheele</td>
<td>$19 (In-city)/$25</td>
<td>$20</td>
</tr>
<tr>
<td>Fused Glass Jewelry</td>
<td>M</td>
<td>6:30-9:30 p.m.</td>
<td>9/16</td>
<td>Senior Center</td>
<td>Scheele</td>
<td>$19 (In-city)/$25</td>
<td>$20</td>
</tr>
<tr>
<td>Fused Glass Windchimes</td>
<td>W</td>
<td>6:30-9:30 p.m.</td>
<td>7/24</td>
<td>Senior Center</td>
<td>Scheele</td>
<td>$19 (In-city)/$25</td>
<td>$20</td>
</tr>
<tr>
<td>Intermediate Watercolor Painting (LBCC#16097)</td>
<td>M</td>
<td>Noon-1:50 p.m.</td>
<td>6/24-8/12</td>
<td>Senior Center</td>
<td>Moore</td>
<td>$79</td>
<td>$0</td>
</tr>
<tr>
<td>Kids Birthday Card-Making Workshop</td>
<td>F</td>
<td>1-4 p.m.</td>
<td>8/30</td>
<td>Senior Center</td>
<td>Staff</td>
<td>No cost</td>
<td>$10</td>
</tr>
<tr>
<td>Mosaic Flamingo</td>
<td>M, W</td>
<td>6:30-9:30 p.m.</td>
<td>9/9, 9/11</td>
<td>Senior Center</td>
<td>Scheele</td>
<td>$19 (In-city)/$25</td>
<td>$27</td>
</tr>
<tr>
<td>Mosaic Frog Plaque</td>
<td>W, F</td>
<td>6:30-9:30 p.m.</td>
<td>7/10, 7/12</td>
<td>Senior Center</td>
<td>Scheele</td>
<td>$19 (In-city)/$25</td>
<td>$20</td>
</tr>
<tr>
<td>Mosaic Garden Stones</td>
<td>Tu, Th</td>
<td>6:30-9:30 p.m.</td>
<td>8/20, 8/22</td>
<td>Senior Center</td>
<td>Scheele</td>
<td>$19 (In-city)/$25</td>
<td>$20</td>
</tr>
<tr>
<td>Mosaic Garden Totems</td>
<td>Tu, Th</td>
<td>6:30-9:30 p.m.</td>
<td>9/24, 9/26</td>
<td>Senior Center</td>
<td>Scheele</td>
<td>$19 (In-city)/$25</td>
<td>$20</td>
</tr>
</tbody>
</table>

FUSED GLASS WINDCHIMES
Create amazing garden art that will really jazz up your garden and give it some color! You will have access to a variety of beautiful glass. Have a fun time meeting new friends, getting creative, and have a new masterpiece at the end of your creative journey! Lab Fee: $20.

MOSAIC FLAMINGO
You will design your flamingo, keep him outside or inside, he will be a conversation piece for sure (and a cute one at that). You will lay out and place your design at the first class by using tiles and gorgeous glass. On the second night, you will grout your creation. Get creative and have fun! Invite your friends, meet new friends, make it a date night, or a girl’s night out! Note: Because sharp objects are used, manual dexterity and ability to follow directions in a group setting is required. Lab Fee: $27.

KIDS BIRTHDAY CARD-MAKING WORKSHOP
Join an experienced card-maker as she takes you through all the steps needed to craft your own kids’ birthday cards. During this workshop, participants will make twelve cards- three cards of four different designs. No experience is needed. Space is limited to 8 for this workshop, so don’t delay! A short list of supplies that you will need to bring is available at the front office. Supply Fee: $10.
Oregon FreezeDry has been supplying Mountain House to the US Military and backpackers alike for 50 years! It was 1969 when we sold our first pouches to REI. We’ve come a long way since then and look to make the next 50 even more memorable.

Keep your eyes open at our local grocer for our latest freeze dried product line, Mountain House Simple Sensations.

VOLUNTEER WITH US THIS SUMMER!

albanyparksandrecreation.org
or call 541-917-7777
Registration: You can register beginning May 29 at either the Albany Senior Center (489 NW Water St. / Phone: 541-917-7760), at the Albany Parks and Recreation Department (333 Broadalbin St. / Phone: 541-917-7777), or online at www.albanyparksandrecreation.org. Tours are open to any person over the age of 18. Individuals may register in person, online, or by phone. Payment is due at the time of registration.

Discounts: Register by June 14 and receive $1 off per trip.

Deadlines: Registration for most tours closes 3 working days prior to the date of the trip. At times, there will be an early registration deadline based on tickets or reservation requirements. Any early registration deadlines are noted in the trip’s description.

Returns: Return times may vary due to traffic and/or weather conditions. We will do everything possible to return at the scheduled time.

Cancellations: If a participant decides to cancel, a refund will only be given if another participant is found. If a replacement is found, you will be refunded using the method used for payment.

Departures: Unless otherwise indicated, all tours will depart from:

- Mennonite Village: Located at 5353 Columbus St. SE. Enter on 54th Ave. Pick up will be at the Lakeside Center. Enter Mennonite Village on 54th Ave. and follow signs to Lakeside Center. Park in the large parking area southeast of the large brick building. The bus will stop at the building along 54th.

- The Albany Senior Center: Located at 489 Water Ave. NW. Participants are required to park in the outer perimeters of the Senior Center lot.

- Carino’s Restaurant: Located at 1825 14th Ave SE. Participants are required to park in spaces on the south side of the parking lot (The spaces that backup to the Mall entrance Road off of Geary Street entrance).

Participants should plan on arriving at least 15 minutes prior to the listed time of departure. All participants must be ready to board the bus at the listed time. We will be unable to delay departure for those not present.
CANNON BEACH

Celebrate the day at the coast! Cannon Beach is surrounded by the rugged natural beauty of forests, ocean beaches, and rivers. Welcome to a place where the stunning beauty of nature mingles with priceless world-class galleries and boutiques. This picturesque Oregon community proudly upholds a long-standing reputation as “one of the 100 best art towns in America”. Visit and shop in the art galleries, souvenir shops, and candy stores along Main Street. This trip involves a lot of walking. Fee includes transportation only. All meals will be on your own. Departs: MV: 7:40 a.m./Sr. Ctr-8 a.m./Carino’s-8:15 a.m.

W, 6/19 7:40 a.m.-6:30 p.m.
$40 (In-City)/$53

LINCOLN CITY “X-KITEMENT”!

It’s summertime and there is no place on earth like the spectacular Oregon Coast. We’ll make a stop to watch some of the Kite Festival happenings in Lincoln City. They fly some of the most colorful “big” kites in the world! Bring a blanket or lawn chair and sit back and watch as kites soar through the sky! You may even want to wiggle your feet in the sand or dip your toe in the ocean. Fee includes transportation only. All meals will be on your own. Departs: MV: 8:20 a.m./Sr. Ctr-8:45 a.m./Carino’s-9 a.m.

S, 6/22 8:20 a.m.-5 p.m.
$33 (In-City)/$44

ALBERTINA KERR AND PARADE OF RHODIES (PORTLAND)

The time is now to view the blooming beauties, and one great spot in the area is Crystal Springs Rhododendron Garden. Portland may be known as the Rose City, but its gorgeous collections of Rhodies also deserve attention. Upon entering the garden, a sweeping vista of flora slopes down off the hillside, tucked well away from surrounding urbanity. Follow along pathways that curve over bridges and down to a series of fountains, waterfalls, and lakes as you find colorful Rhodies. We will have lunch at Albertina Kerr before visiting the garden. Please bring cash or a check to pay for your lunch. This trip is limited to the first 19 people to register. Fee includes admission and transportation only. All meals will be on your own. Departs: MV: 8:40 a.m./Sr. Ctr-9 a.m./Carino’s-9:15 a.m.

Th, 6/27 8:40 a.m.-5:30 p.m.
$43 (In-City)/$57

TOUR OF THE GROTTO (PORTLAND)

Join us for a guided tour of the Grotto! The tour will consist of the history and background of the statues that are on site, artwork, and structures on the property. You’ll see the gardens along with the chapel and more! Before our stop to the Grotto, we will have lunch at Produce Row Café which originally opened in 1953 as a breakfast cafe for the produce dockworkers, Produce Row was purchased and converted into a restaurant and bar in 1974 and has been a core component of the city ever since. Deadline to register: June 24. Meals will be on your own. Fee includes admission and transportation only. Departs: MV-8:10 a.m./Sr. Ctr-8:30 a.m./Carino’s- 8:45 a.m.

W, 7/10 8:10 a.m.-6 p.m.
$43 (In-City)/$57
**TRIPS AND TOURS**

**SISTERS QUILT SHOW**

Join us for the most vibrant day of the year in Sisters, Oregon. Over 1300 quilts from around the world will cover this 1880’s-style town in rich texture and color. Quilts hang from buildings, fences, porches, and windows in this delightful western town! For the past 35 years, quilters have gathered in Sisters to experience one of the most colorful displays of the quilters’ art to be found in the United States. Sisters’ downtown is wrapped in quilts just waiting for you to enjoy! This trip involves a lot of walking so come prepared with comfortable shoes. Meals will be on your own. Fee includes transportation only. Departs: MV-7:50 a.m./Sr. Ctr.-8:15 a.m./Carino’s-8:30 a.m.

Sa, 7/13 7:50 a.m.-6:30 p.m.  $39 (In-City)/$52

**GARDEN AND FARM LOOP 1 (NORTH WILLAMETTE VALLEY)**

Back by popular demand. Come get loopy with us! We are off for a scenic drive through the valley to discover all it has to offer. Fruits, vegetables, jams, shortcake, plants, flowers, and more! We will start the day at French Prairie Gardens where you can purchase a cup of coffee and a donut! Then we are off to gardens and farms. This trip has something for everyone! This trip is limited to the first 14 people to register. Participants must be able to walk on uneven ground. Fee includes transportation only. All meals will be on your own. Departs: MV-7:10 a.m./Sr. Ctr.-7:30 a.m./Carino’s-7:45 a.m.

Th, 7/18 7:10 a.m.-4:30 p.m.  $36 (In-City)/$48

**A LITTLE OF THIS AND THAT! (ELKTON)**

Today we will visit a butterfly flight room to view all the life stages of the Monarch and Painted Lady butterflies and walk the outdoor butterfly gardens that attract several other native species, so keep an eye out! You will have a chance to learn how to create a butterfly habitat in your backyard, how to identify butterfly eggs and caterpillars, and how to protect them so they successfully make it to adulthood. That’s not all... visit a replica of Fort Umpqua, the fort was built by volunteers and includes 12’ high stockade walls, trade building, men’s quarters, and a cook shack that were all based on the original fort design. This day will be filled with a walk through the butterfly pavilion, historic trading fort, flower gardens, and more! Deadline to register: July 9. Participants must be able to walk on uneven ground. Fee includes admission and transportation only. All meals will be on your own. Departs: MV-7:10 a.m./Sr. Ctr-7:30 a.m./Carino’s-7:45 a.m.

Tu, 7/16 7:50 a.m.-5 p.m.  $32 (In-City)/$42

**ALSEA THYME GARDEN LUNCHEON AND HERBAL HANGING BASKETS (ALSEA)**

The Thyme Garden is a family-owned farm hidden in the beautiful coast range mountains between Philomath and Alsea. Owners Janet and Rolfe Hagen offer the Northwest’s largest selection of herbs and useful plants. A special treat will be the herbal basket making. You’ll choose perennials and annuals that you will plant in hanging pots filled with the garden’s organic, healthy soil. The beautiful results will be waiting for you at the end of the four-course luncheon (with an herbal focus) that is served under the fir trees. Participants must be able to walk on uneven ground. Fee includes luncheon, basket, and transportation only. Deadline to register: June 28. Departs MV-9:10 a.m./Sr. Ctr-9:30 a.m./Carino’s-9:45 a.m.

W, 7/24 9:10 a.m.-3:30 p.m.  $73 (In-City)/$97
BUNNIES IN BASKETS TEA (PORTLAND)

This is a day you won’t want to miss! Bunnies in Baskets is a small nonprofit organization that provides animal therapy services with rabbits! We will enjoy Tea time while learning more about this unique organization. After tea, we will have a chance to pet and snuggle with the therapy rabbits. You’ll be glad you “hopped” by! Tea will be desserts, plus an assortment of teas. This trip is limited to the first 14 people to register. Deadline to register: June 28. Fee includes transportation, tea, and gratuity. All meals will be on your own.

Depart: Sr. Ctr.-11:15 a.m./Carino’s-11:30 a.m.
(No MV pick-up)

Su, 7/28 11:15 a.m.-6 p.m.
$58 (In-City)/$77

TIMBERLINE LODGE (MT. HOOD)

On the slopes of Mount Hood, Timberline Lodge has become a classic. The lodge is an inn, but in another sense, it’s also a museum. Built during the Great Depression by skilled and unskilled labor, craftsmen, and artists, it remains a symbol of hope and prosperity. Enjoy a personal and informative tour led by a knowledgeable curator. Relax and take in the breathtaking views of Oregon’s most majestic mountain peak. Fee includes transportation, buffet style luncheon, and tour. If time permits, you can take a ride on the magic mile chair if you desire.

(on your own) Deadline to register is July 1. Depart: MV-7:40 a.m./Sr. Ctr.-8:45 a.m./Carino’s-9 a.m.

W, 7/31 7:40 a.m.-6 p.m.
$66 (In-City)/$88

SCANDINAVIAN FESTIVAL (JUNCTION CITY)

Junction City turns its downtown area into a charming old-world town for the Scandinavian Festival. Come join us and enjoy cultural entertainment, food, and activities in the authentic Scandinavian spirit. This event pays homage to the cultures of Denmark, Finland, Norway, Sweden, and Iceland. Find treasured handicrafts including rosemaling, hardanger, pottery, woodcrafts, needlework, original paintings, drawings, and watercolors. Perhaps best of all enjoy the incredible abelskivers and Swedish meat pies (the list goes on and on!). Fee includes transportation only. All meals will be on your own.

Depart: MV- 9:50 a.m./Sr. Ctr.-10:15 a.m./Carino’s-10:30 a.m.

F, 8/9 9:50 a.m.-4 p.m.
$29 (In-City)/$39

STOP AND SMELL THE GARLIC (NORTH PLAINS)

Join us for this fun-filled festival that celebrates all things garlic, and offers a robust slate of food, music, and entertainment. This garlic gala is proof that North Plains truly has an elephant-sized appreciation for the vampire repellent. Though the Garlic festival rallies around the funky smelling crop, it provides a plethora of activities! Fee includes transportation only. All meals will be on your own.

Depart: MV- 8:25 a.m./Sr. Ctr.-8:45 a.m./Carino’s-9 a.m.

Su, 8/11 8:25 a.m.-4 p.m.
$32 (In-City)/$43
GARDEN AND FARM LOOP 2 (NORTH WILLAMETTE VALLEY)

Come get loopy with us! We are off for a scenic drive through the valley to discover all it has to offer. Fruits, vegetables, jams, shortcake, plants, flowers, and more! We will start the day at Willamette Valley Pie Company where you can purchase a cup of coffee and one of their homemade pastries. Then we are off to gardens and farms. This trip has something for everyone! This trip is limited to the first 14 people to register. Participants must be able to walk on uneven ground. Fee includes transportation only. All meals will be on your own. Departs: MV-7:50 a.m./Sr. Ctr.-8:10 a.m./Carino’s-8:30 a.m. Th, 8/15 7:50 a.m.-5 p.m. $32 (In-City)/$42

GRAND RONDE CONTEST POWWOW (GRAND RONDE)

Celebrate the traditions, history, and culture of the Grand Ronde Tribe. Dancers from all over the Northwest will compete in this annual Powwow hosted by the Confederated Tribes of Grand Ronde. Enjoy the rhythms, beating of the drums, and watch the colorful dancers show off their foot work. Between dances, be sure to hit the food vendors for a Indian fry bread burger or other tasty treat. Fee includes transportation only. Bring a canned food item for a donation. Meals will be on your own. This event is held outdoors; bring sunscreen, lawn chair, hat/umbrella for shade, and wear comfortable walking shoes. Departs: MV: 10:10 a.m./Sr. Ctr-10:30 a.m./Carino’s-10:45 a.m. Sa, 8/17 10:10 a.m.-5:30 p.m. $30 (In-City)/$40

OREGON COAST SCENIC RAILROAD (GARIBALDI)

The rhythmic rocking of the car, the soothing clickety-clack of the rails... the Port of Tillamook Bay Railroad offers you the nostalgia of days gone by, traversing some of the most scenic countryside on the Oregon Coast. The Oregon Coast Explorer offers many views and vistas that you can’t access from Highway 101. We will start our trip in Garibaldi and travel to Rockaway Beach where you will have time to stop and browse antique stores and have lunch. Then we will board the train again and travel back to Garibaldi before heading home. Deadline to register: July 16. Fee includes coastal excursion train ride and transportation only. All meals will be on your own. Departs: MV-6:55 a.m./Sr. Ctr.-7:15 a.m./Carino’s-7:30 a.m. W, 8/21 6:55 a.m.-7 p.m. $62 (In-City)/$82

LINCOLN CITY CULINARY AND OUTLET MALL

Don’t miss this cooking demonstration and lunch at the Culinary Center in Lincoln City. The Center features seasonally-inspired cooking and focuses on the abundant foods of the Pacific Northwest. You’ll watch as the chefs cook your three-course lunch in front of you. Your lunch will be paired with one of the area’s great wines. After lunch we will make a stop at Lincoln City Outlet Mall and Chinook Winds Casino before heading home. Fee includes luncheon and transportation only. Deadline to register: July 26. Trip is limited to the first 23 people that register. Departs: MV-8:30 a.m./Carino’s-8:45 a.m. (No Sr. Ctr pick-up) Th, 8/29 8:30 a.m.-5 p.m. $73 (In-City)/$97

To register: albanyparksandrecreation.org or call 541-917-7777. Registration is required one week prior to start date unless indicated.
WESTERN TRAIN ROBBERY- (MT. HOOD)

If you’ve got a hankering for some Old West entertainment, climb aboard this Iron Horse. Passengers be warned: robbers have been spotted in the valley, so for land’s sake- hold on to your valuables if there’s a hold-up! Keep your eyes peeled for the fast action of Matt the Maverick. But never fear, the heroic sheriff is there to tell him when the jig is up. The music and entertainment will offer you a true Western welcome aboard this favorite ride! Enjoy the splendors of the scenic Columbia Gorge while climbing through the Hood River Valley. Fee includes a boxed lunch which will be eaten at Parkdale park, train ride and transportation only. Please pick one of the following for your boxed lunch sandwich: Turkey, Roast Beef, Ham, or Veggie. This trip is not wheelchair accessible and you will need to be able to climb steps to board train and maneuver without assistance. Deadline to register: July 16. Departs: MV- 6:50 a.m./Sr. Ctr.-7:10 a.m. No Carino’s Pick-up

Sa, 9/7 6:50 a.m.-6 p.m.  $97 (In-City)/$129

SHREWSBURY RENAISSANCE FAIRE

Enchantment awaits young and old alike as jousting knights and noble steeds clash on the tourney field while minstrels, troubadours, jongleurs, dancers, and bards fill the lanes with delight! We will browse the village for unique hand made goods and one of a kind treasures while surrounded by Renaissance revelry and entertainment. Fee includes admission and transportation only. All meals will be on your own. Departs: MV-9:50 a.m./Sr. Ctr.-10:15 a.m./Carino’s-10:30 a.m.

Sa, 9/14 9:50 a.m.-4:30 p.m.  $33 (In-City)/$43

DEPOE BAY SALMON BAKE

Enjoy a succulent salmon meal, great performances, and music. Over a ton of salmon is slow-roasted to perfection on alder stakes, just as the Native Americans did 2,000 years ago. Watch as Native Americans perform their traditional dance and song. Fee includes salmon bake and transportation. All other meals will be on your own. Deadline to register: August 12. Departs: MV-8:20 a.m./Sr. Ctr.-8:45 a.m./Carino’s- 9 a.m.

Sa, 9/21 8:20 a.m.-5:30 p.m.  $61 (In-City)/$81

MT. ANGEL OKTOBERFEST (MT. ANGEL)

There is no more appropriate setting for an “Old World” Oktoberfest than Mt. Angel. This small community was settled by German pioneers in the 1800’s. There will be over 60 Alpine food chalets along with arts and crafts and some fabulous music. Dancers and musicians provide almost continuous amusement and add a special flavor to the festivities. You won’t want to miss the Big Bands playing their “oompah” music, the yodeling, and folk dancing. Fee includes transportation only. All meals will be on your own. Departs: MV-9:40 a.m./Sr. Ctr.-10 a.m./Carino’s-10:15 a.m.

Th, 9/12 9:40 a.m.-5 p.m.  $31 (In-City)/$41
ASTORIA CRUISE DAY ADVENTURE

The broad waters of the Columbia River carry us aboard a river vessel from Portland’s vibrant harbor through the forest covered coast range on an adventure-filled day re-tracing the route of Lewis & Clark, the famed American explorers. Ocean freighters and tugboats share our route to Astoria, a quaint, scenic river town that is filled with history. This day long adventure covers 60 miles of the Willamette & Columbia River. You’ll be treated to freshly prepared Northwest cuisine and Captain’s narration along the way. We’ll cruise to Astoria and enjoy a bus ride home. Deadline to register: August 30. Fee includes transportation, cruise, continental breakfast, buffet lunch, dessert, coffee, tea, and gratuity. All other meals will be on your own. Departs: MV-5:45 a.m. and Sr. Ctr-6 a.m. (No Carino’s pick-up)

W, 10/9 5:45 a.m.-11 p.m.
$162 (In-City) /$215

ONCE (PORTLAND)

Fall in love with the story of an Irish musician and a Czech immigrant who connect over their shared passion for music on the streets of Dublin. Over the course of one fateful week, an unexpected friendship and collaboration quickly evolves into a powerful but complicated romance, accentuated by the inviting, emotional score that earned many awards! Featuring all of the original songs from the critically acclaimed film, including “Falling Slowly” this achingly beautiful, joyously uplifting show strikes an unforgettable chord in audiences and speaks to the power of music to connect us all. NOTE: You must be able to climb stairs to attend this performance. Fee includes ticket to performance and transportation only. We were not able to secure any handicapped seating. Deadline to register: September 19. Departs MV-8:40 a.m./ Sr. Ctr-9 a.m./Carino’s-9:15 a.m.

Sa, 10/26 8:40 a.m.-6:45 p.m.
$67 (In-City)/$89
Free CONCERTS START AT 7:00 PM
FOOD VENDORS OPEN 5:30 PM • BLANKET AREA OPENS 5:30 PM
CHILDREN’S PRE-CONCERT ART OPEN FROM 5:30 - 7:00 PM

2019 SUMMER CONCERT SERIES
MONTEITH RIVERPARK • ALBANY, OREGON

PRESENTED BY:
OREGON Freeze Dry

FIREWORKS AFTER JULY 4TH CONCERT

BAHA MEN 7/4
7/11 CHUBBY CHECKER
THE FAB FOUR 7/25
8/1 SUGAR RAY
TRACY BYRD 8/8

FREE CONCERTS START AT 7:00 PM

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